

NHS Education for Scotland

Acute Care Fellowships in General Practice – Local Job Information

Supplementary Information for NHS Grampian (2 posts available)

Acute care fellowship posts – Dr Gray’s Hospital, Elgin

Amongst the greatest concerns of the prospective rural general practitioner is the potential for encountering acute emergencies or covering medical services without specialist support on-site.

As a fully trained general practitioner, each Fellowship applicant has the skills necessary to deliver generic rural general practice, but confidence with the challenges of acute pre-hospital medicine/trauma/surgery may be daunting and the ability to gain further experience in these extended roles may be quite limited in the current provision of medical training.

As a hospital based acute care fellow, you will experience frequent exposure to patients with acute conditions and manage the first few hours of acute illness and injury in a supportive environment with hands-on involvement and responsibility to allow skills and confidence in managing such cases to evolve at a rapid rate. The acute competencies have been scoped against the specific needs of the Remote & Rural General Practitioner recognising that in real life there may be the requirement to perform some relatively uncommon interventions of a time-dependent nature. For example, this might be thrombolysis for myocardial infarction or stroke, or the insertion of a chest drain among many others.

This is an exciting development in training developed by NES and the Remote and Rural Fellowship programme, now extended to include rural general practices in Moray and a rural District General Hospital – Dr Gray’s Hospital in Elgin.



Dr. Gray's Hospital, Elgin

Dr Gray's Hospital is situated in Elgin, the county town of Moray, in North-East of Scotland, 5 miles from the coastal town of Lossiemouth. It is the only centre in Grampian outwith Aberdeen providing a range of acute services.

The current bed complement of 169 is divided between General Surgery, Orthopaedic, Ophthalmology, General Medicine, Paediatrics, Obstetrics & Gynaecology, Acute Medical Assessment Unit, a Stroke Rehabilitation Ward and a Day Ward. There is also a Consultant Led Psychiatric Service. The hospital has recently been redeveloped, with modern equipment and user friendly facilities throughout and there is a library and a Postgraduate Medical Centre with 24/7 access and videoconferencing facilities.

The Emergency Department

The Emergency Department (ED) at Dr Gray's Hospital provides a 24 hour Emergency Medicine service dealing with approximately 25,000 new and return attendances per year.

Resuscitation and stabilisation of acutely ill & injured patients of all ages falls within our scope, as well as emergency surgery and transfer where needed for tertiary and intensive care. There are no by-pass protocols in place and we do not fall under the remit of retrieval services, except for paediatric and neonatal intensive care.



The department has had a consultant-led service since 2011 and has senior doctor (Consultant / Specialty Doctor) cover 24/7 as well as a Consultant-delivered Trauma Team. The ED Consultant interests include paediatric emergency medicine and pre-hospital critical care including pre-hospital teaching, sub-specialty development and examinations.



Fantastic donation for the Moray Immediate Care Scheme

You will work alongside our current Emergency Medical Practitioners (EMP's) – experienced General Practitioners (GP's) with additional skills and experience in Emergency Care, many of whom have portfolio careers with other posts in General Practice and specialist areas of interest. Overnight their role includes covering the General Practice Out of Hours (OOH's) Centre which is co-located in recently refurbished accommodation and enjoys the benefits of the rest of the ED team and hospital support. You will work alongside Emergency Nurse / Paramedic Practitioner colleagues working in the community, providing telephone support as required as well as taking advice calls, and be required occasionally to undertake visits yourself in a small number of circumstances. Telephone support from more experienced colleagues in General Practice is also always available via the OOH Hub.

In the Emergency Department there is a full complement of FY2 and GP ST junior doctors as well as a Minor Injury Nurse-led See & Treat stream.

A whole range of interventions are undertaken in the department including the latest approaches in trauma management, STEMI and stroke thrombolysis and procedural sedation, including Ketamine sedation for children undergoing painful procedures.

In recent audits Dr Gray's Hospital ED has scored highly in the provision of analgesia and management of sepsis and is committed to providing exemplary clinical care.

Equally important is the reputation for being the social hub of the hospital, with many social events and activities taking place.



Night shifts can occasionally accommodate jelly and ice cream, and knitting..!

We enjoy excellent professional relationships with the emergency services as well as the Coastguard Search & Rescue and military Mountain Rescue Team at RAF Lossiemouth. These extend to a wealth of multi-disciplinary training opportunities and social team-building events, the highlight of which is the bi-annual ***“50 Shades of Dr Gray’s”*** weekends away – all good clean fun, lots of outdoor activities well away from work and “R&R” guaranteed!



Inaugural 50 Shades of Dr Gray’s Weekend at Little Loch Broom

The Consultant Perspective

Dr Pam Hardy, Lead Consultant in Emergency Care

I have been a Consultant for about 17 years now having trained in paediatrics then emergency medicine in and around Sheffield, and moved to Elgin 6 years ago.

I love it here especially the small-hospital atmosphere at Dr Gray's.

I have been working in pre-hospital care for the last 19 years and still commute 450 miles to fly regularly with the Derbyshire, Leicestershire & Rutland Air Ambulance and catch up with family and friends down there.

I'm involved with pre-hospital care here too via BASICS Scotland and the Moray Immediate Care Scheme and I chair the Royal College of Surgeons of Edinburgh Scottish Regional Faculty of Pre-hospital Care, as well as being involved with the immediate care exams and sub-specialty PHEM development.

I love living here in my little house in the wood, running on the beach and have taken up camping and all sorts of things I never thought I'd do since moving here!

I'm happiest in a helicopter..

My favourite drug is Ketamine..

And I make good Sticky Toffee Pudding!



Dr Gavin Tunnard

I did my EM training in London along with some time in Australia finishing in 2015. I subsequently worked as a consultant in south east London for 2 years before making a work life decision to move north of the border with my young family.

I have an interest in education and point of care ultrasound and regularly teach on ATLS, level one ultrasound and FRCES preparatory courses nationally. I am also a journal reviewer for the EJEM.

More recently I have completed BASICS training and I am dipping my toe into PHEM.

Out of work I can be found outdoors with my family enjoying the Moray beaches and countryside.



The R&R Fellow Perspective

Dr Catriona Macdonald

I have been working as a part-time EMP since 2015 and combine this with my other job as a GP partner in Rinnes Medical Group, Dufftown. I did the Acute Care Remote and Rural GP Fellowship in Moray in 2014 and before that I was completing my GP training in Elgin. I came to Moray as an FY2 and liked it so much that I never left!

The fellowship was a fantastic way to increase my skills in acute care and has given me the confidence to continue with hospital work, alongside being a GP. I was able to develop skills that are transferable between the emergency department and rural GP work and pre-hospital care and I enjoy blurring the boundaries between primary and secondary care. Having two jobs means my working week is always varied and interesting.

Moray is a fantastic place to live and I love that I can be mountain biking or snowboarding in the Cairngorms in the morning and surfing on the Moray Firth in the afternoon!



Community

Moray Community Health and Social Care Partnership is part of NHS Grampian. The CHSCP manages community health services in Moray for around 92,901 people across 861 square miles.



Elgin has a population of 20,000 and lies approximately 68 miles North West of Aberdeen with Inverness 35 miles to the West, joined by the A96.

Location

Elgin

As county town, Elgin is an administrative centre for the local farming, distilling and fishing industries. Many good schools are within the local area, and private education is available at Gordonstoun School which is 4 miles from Elgin.

The choice of housing is varied – all within easy distance of the hospital and an abundance of rural and coastal locations to choose from.

There is an excellent selection of stores and specialist shops in the town centre of Elgin and nearby Retail Park, providing for most needs, as well as local farm shops and delicatessen.

There is also a good range of restaurants and bars within easy reach with fantastic local fayre and seafood as well as international cuisine.

Local sports and leisure facilities include provision for soccer, rugby, swimming, 10-pin bowling, a cinema and an ice-rink with an endless array of outdoor sporting and leisure facilities across Moray (see below).

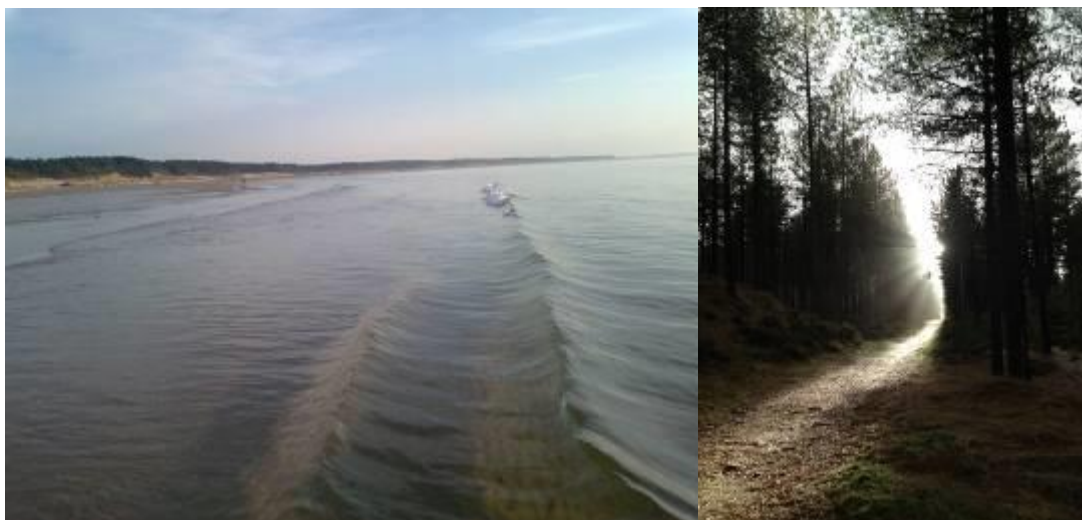
The nearest beaches and forest trails are within 10 minutes drive and the ski resorts of Cairngorm and the Lecht are within 1 hours drive.



The local rail station links to Aberdeen and Inverness and mainline rail services to Edinburgh and Glasgow. Aberdeen airport is approximately 90 minutes away, and Inverness 40 minutes, with domestic, island and international flight destinations.

Moray

Moray is a great place to live and work, lying hidden from the main Scottish tourist route between the beautiful coast of the Moray Firth and the mountains of the Highlands and the Cairngorm National Park. Long stretches of unspoiled beaches border the forest trails of Roseisle and Culbin, with picturesque fishing villages and frequent sightings of seals and dolphins along the shores.



Roseisle beach and forest trail

The Moray Firth boasts a sheltered unique microclimate with lower than average rainfall and the opportunity to experience all four seasons in one day!

Moray is a popular destination for so many outdoor activities including:

- ✓ Sea fishing, and salmon and trout fishing on the River Spey and the River Findhorn
- ✓ 16 golf courses, including a famous championship links course at Lossiemouth
- ✓ Sailing, canoeing, water ski-ing, open water swimming



Sailing at Findhorn Bay

- ✓ Hill walking, hiking, running
- ✓ Camping, caravanning and some fantastic bothies & hostels
- ✓ Horse riding
- ✓ Mountain biking including many designated trails for all abilities
- ✓ Ski-ing, snowboarding and ice climbing



An icy Coire an t-Sneachda and Ben Nevis

And Moray has the only Malt Whisky Trail in the world...



The stills of Glenlivet distillery and beating the retreat

Service Commitment

This fellowship is designed to meet the needs of the individual in addressing and achieving acute care competencies and confidence in the management of the acutely ill or injured patient to equip fellows with the skills required in those aspects of rural general practice.

Although much of the post is hospital-based, there will also be General Practice and out-of-hours GP experience. Fellows will receive their appraisal through general practice, thus avoiding problems with revalidation in the future.

Duties

The hospital provides an excellent environment for anyone wishing to develop independent working skills in a supportive environment. The hospital post at Dr Gray's provides exposure to unselected acute patient attendances to offer greater experience within a relatively short period of time. Whilst working independently as an Emergency Medical Practitioner within the Emergency Department, you will always have senior ED and specialty support. You will work a combination of day and night shifts, covering OOH primary care as well as the Emergency Department overnight.

During the rural GP placement, duties will include the full range of general practice duties including working in the local Community Hospital if appropriate. Fellows will provide the majority of their service commitment in

these practices, which will be agreed at the beginning of the year. Some practices may be a single-handed dispensing practice to give the rural fellow the opportunity to experience all aspects of rural General Practice. They will be expected to play a full part in all aspects of the practice and work alongside the members of the extended primary care team.

OOHs Element

Fellows are expected as part of their educational programme to gain experience in OOHs and Emergency Care. This is a unique asset of the Dr Gray's EMP role as it includes more acute / emergency care experience from a full range of unselected emergency presentations, as well as the primary care OOH stream. During evening hours and weekend days there are additional GP OOH doctors and nurse/paramedic practitioners, with the EMP only covering both streams from 2200 during the week and 0300 at the weekend, when a low number of attendances makes this quite feasible.

Supervision in Practice

A principle in one of the practices and a hospital-based consultant supervisor will be identified as your mentor/supervisor and will be available to the Fellow throughout the year.

Education in Practice

Fellows will be expected to join in with the educational activities available within the practices that they are working.

13 Weeks Protected Educational Time

This will be organised in conjunction with the service elements of the posts and with the Rural Fellowship Co-ordinator. Fellows will have the opportunity to negotiate additional experience in secondary care, remote practices and to undertake specific course activity as available. Fellows will also be expected to attend the regular meetings of the Scottish Rural Fellows. This Job Description is not definitive and may be subject to change in discussion with the Fellow, Moray Community Health and Social Care Partnership, NHS Grampian and NES.

Many valuable and relevant training courses exist and will be offered, depending on previous experience / attendance. These may include: ATLS, ALS, APLS, an acute medicine course e.g. IMPACT, PHEC, MOET, STORM. We are hoping to be involved in a pilot of a new ALSG "SAFE" course, a new perspective in unscheduled care and to support relevant staff to undertake the new Diploma in Unscheduled Care being launched by the Faculty of Pre-hospital Care of the Royal College of Surgeons of Edinburgh.

Local Educational Opportunities

A variety of regional educational activities are also available and the opportunity to gain experience in theatre and other specialities outwith the usual commitments of a junior training post thus enabling the training to be tailored to your needs.

This may include, for example:

- ✓ Acute medicine / AMAU
- ✓ Paediatrics
- ✓ Obstetrics & Gynaecology
- ✓ Family planning
- ✓ Oncology/chemotherapy / palliative care
- ✓ Minor surgery
- ✓ Orthopaedic / fracture clinics and joint injections
- ✓ Endoscopy/colonoscopy services
- ✓ Psychiatry including Child & Adolescent Services
- ✓ Inter-hospital transfers
- ✓ Pre-hospital care

At Dr Gray's we have excellent relationships with the Scottish Ambulance Service, MCA Coastguard Search & Rescue and RAF Mountain Rescue Teams at RAF Lossiemouth and can facilitate shifts with ambulance crews and experience with Mountain Rescue Teams.



The Rural Fellow will also be able to attend local PLT events, along with various CHSCP meetings.

Evidence suggests that the major anxiety facing rural isolated GPs is the management of serious illness or trauma.

It is the aim of this Fellowship that by the end of the attachment the Acute Care Fellow will feel much more confident in the management of the acutely ill or injured patient.

It is anticipated that this programme will develop skills within hospital-based GP care, and provide an excellent training environment to gain acute skills that will be transferable to working in general practice in any isolated rural location within the UK or abroad.

Further information on NHS Grampian and Moray CHSCP is available at:

<http://www.nhsgrampian.co.uk>

For more information on the area:

<http://www.thisismoray.com>

<http://www.visithighlands.com/moray>

For an informal discussion feel free to telephone:

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